

**Tib e Ahlebait a.s**

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## **Brain and nerve problems**

**Author: Syed Mustafa Kazmi**



**03445013241**

**Ahlebait  
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## DEDICATION

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We are thankful to Allah Almighty that he has given us the opportunity to share Tib e Ahlebait with Momineen and Mominat and with the whole world. We are gifting this struggle to the mother of Imam Hassan a.s and Imam Hussain a.s the beloved daughter of prophet Muhammad P.B.U.H and wife of Imam Ali a.s hazrat Fatima s.a and Imam Mehdi a.s. May Allah give us more tofiq to spread Tib e Ahlebait everywhere to fulfil our promise with Imam Mehdi a.s. may Allah accept our this struggle, Ameen. We request to all Momineen and Mominat to pray for us that Allah help us in this way to bring a revolution in the world by Tib e Ahlebait. Ameen

Allahumma Salli A 'la Muhammad in wa Aali  
Muhammad wa ajjil farajahum

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## Headache

**Imam Ja'far e Sadiq a.s said:**

1. Whenever Nabi s.a.w.w. got headache they poured some sesame oil into nostrils.  
(al kafi pt 6 pg 524)
2. Violet is the master of all oils.  
(al kafi pt 6 pg 521)
3. Whenever you feel headache, take a whole walnut and roast it with its shell, and have it warm it will give you relief from headache and stomachache.  
(Daroo e takhassusi Tib Islami)

**Prophet P.B.U.H said:**

1. The significance of violet oil is just like our significance over others.  
(Qarb ul Asnad pg 118)

2. Cupping on head is good for headache, madness, leprosy and vitiligo.

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(Al khisal pg 375)

### **Medicines:**

1. Violet oil (with olive oil)
2. Saaooth
3. Roasted walnut

### **Headache with feeling coldness on head**

A man asked Imam Ali Raza a.s about severe coldness and ache on head.

Imam a.s told him to smell the scent of ambergris and lily after meal.

(humaan pg 87)

### **Headache along toothache and swollen**

A person came to Imam Ja'far e Sadiq a.s and complained about this issue.

Imam a.s suggested him to make a drink with chicory, Jaggery and water and have it. He had

done the same and slept when he woke up he was good as before. (instead of fresh chicory, dried chicory can be used as well)

(Tib ul Aimmah a.s pg 138)

## Preventions before headache

### **Prophet Muhammad P.B.U.H said:**

1. Break your fast (Iftar) with Luke warm water it is good for migraine.  
(humaan pt 2 pg 153)
2. Applying henna on head eliminates migraine, increase eyesight and increases men power. Sexual pleasure.  
(Tib un Nabi pg 30)
3. Drink rain water it relieves you from headache and ever pain.  
(Mustadrak ul Wasail pt 17 pg 36)
4. When you drink Zamzam water with any intention it will cure that problem.  
(Ad Da'awat pg 159)



5. Applying violet oil (with olive oil) on eyelids is the cure of migraine.

(Makarim ul Akhlaq pg 33)

### **Imam Jafar e Sadiq a.s said:**

1. Whenever you take bath don't come out of bathroom with naked head, just cover it with something is it cold or hot. It will prevent you from headache.

(Makarim ul Akhlaq pg 55)

2. Black seeds are the cure of every disease. Fever, migraine, swollen eyes. Stomachache and all kinds of pain,

(humaan pg 186)

3. Mix half Daroo e Shafia with some violet oil or rose oil and pour 2 or 3 drops of this into nostrils.

(Tib ul Aimma a.s pg 126)

### **Imam Ali Raza a.s said:**

Applying some chicory and violet oil (made with olive oil) on forehead will eliminate headache.

**Imam Musa e Kazim a.s said:**

Wash your hair with hollyhocks on Friday. It is the Sunnah of holy Prophet P.B.U.H, it increases sustenance, eliminates poverty, brightens the skin and cure severe headache (migraine).

(Usool us Sunnah 'ashr pg 55)

**Kinds of headache****1) Bile headache:**

This pain originates from forehead and front of head. It became severe with hot temperature and with the scent it can cause eye pain as well.

**Treatment:**

1. Daroo e Safra bar
2. Angbin vinegar
3. Barberry water
4. Lemon juice
5. Orange juice

## **Treatment of all types of headache**

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### **Reflexology:**

Although it is not a method of Tib e Ahlebait a.s  
But massage has importance in Tib as well.

Give some pressure to right hand's thumb with any sharp nip thing as pencil etc. some pain would be feel but give pressure for 30 seconds and then massage that area repeat it for 2 or 3 minutes the headache will be gone.

(we have applied this method personally on some patients as well)

### **2) sanguinary headache:**

It originates from forehead and spread to whole head. It became severe with high temperature, depression and anger.

### **Treatment:**

1. Vinegar
2. Cupping
3. Daroo e Saaf kunandeh

### **3) phlegmatic headache:**

It originates from back of the head and neck. It increases by depression.

#### **Treatment:**

1. Daroo e balgham zadeh
2. Grape syrup
3. Smelling of scents
4. Honey+ fennel seeds water (for women)

### **4) melancholic headache:**

It can affect the whole head. it can become severe by noise, depression, disturbance, traffic, pressure and pollution etc.

#### **Treatment:**

1. Daroo e Sodabar
2. Angbin (honey) vinegar 1 glass
3. Hands and feet massage
4. Cupping

# **Headache**

## **Reasons:**

Bile, sanguine, flue, eyesight weakness, sinusitis, constipation, weakness of blood veins, blockage in veins and depression.

## **Treatment:**

1. Violet oil (made with olive oil) into nostrils
2. Chicory+ violet oil massage
3. Daroo e Saooth
4. Daroo e anfiyah
5. Daroo e Saaf kunandeh
6. Cupping of head
7. Pouring some Luke warm water on head before taking bath

## **Migraine**

It is one sided headache and is really intense pain.

**Symptoms:**

1. It remains normally from 4 hours but sometimes it become lengthy from 24 or 36 hours.
2. Heaviness and severe headache
3. Blurry eyesight
4. Nausea
5. Irritation

**Causes:**

It is caused by enlargement of blood veins and when the toxins from the brain mix in these veins. In this case the vein underneath temple swells.

**Treatment:**

1. Violet oil (made with sesame oil) into nostrils
2. Massage with Chicory+ violet oil (made with olive oil)
3. Henna

4. Daroo e Shafia+ violet oil/rose oil 3drops  
into nostrils
5. Cupping of head
6. Black seeds
7. Covering of head
8. Iftar with hot water

It is an intense pain in head in which eyes cannot bear brightness, sometimes it feels like nausea sometimes it is one sided but sometimes it occurs on whole head. it normally originates from the temple and forehead. It occurs due to sleep disorders, indigestion and breathing problems.

### **Treatment:**

9. Roghan e busbasa
10. Violet oil (with sesame oil's base)
11. Shafia+ Violet oil (with sesame oil's base)
12. Murakkabe 3
13. Pouring Luke warm water on head with  
hand 7times
14. Hirz e Imam e Jawad a.s
15. Eat fresh fishes

## Severe and 10 years old headache

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### **Treatment:**

1. Violet oil (made with sesame oil)
2. Cupping of head
3. Daroo e Saooth
4. Iftar with hot water

## Vertigo or Dizziness

Vertigo is a feeling that you are dizzily turning around or that your surroundings are dizzily turning about you. Vertigo is medically distinct from dizziness, lightheadedness, and unsteadiness in that vertigo involves the sensation of movement.

### **Treatment:**

1. Qurs e khoon
2. Kurrath
3. Chives
4. Jame'

In case of blood pressure dizziness occurs without blurriness.

### **Treatment:**



1. White pepper
2. Daroo e fishar e khoon

In case of ear's dirt or liquid it occurs as same as in case of blood pressure.

**Treatment:**

1. Nebula powder
2. Nebula oil

**Dizziness after waking up**

**Cause:**

1. Bile

**Treatment:**

1. Safrabar
2. Purslanes plant
3. Murakkabe 2
4. Jame'+chive's water

**Vertigo after pregnancy**

**Cause:**

1. Blood deficiency

## **Treatment**

1. Qurs e khoon
2. Sawiq

## **Dizziness due to eyesight weakness**

### **Causes:**

1. Surma e kafoori
2. Surma e asmad
3. Bloodshed, blood disorder

### **Treatment:**

1. Saaf kunandeh khoon
2. Basic treatments
3. Nebula
4. Sawiq e adas (lentils)
5. Lemon balm tea
6. Violet oil (base sesame oil)
7. Jaggery
8. Reflexology

### **Prophet P.B.U.H said:**

Whoever will eat nebula before sleep. He will never get whooping and lightheadedness.

(Tib un Nabi pg 30)

A brain tumor is a collection, or mass, of abnormal cells in your brain. Your skull, which encloses your brain, is very rigid. Any growth inside such a restricted space can cause problems. Brain tumors can be cancerous (malignant) or noncancerous (benign).

Brain tumor headaches tend to be dull and persistent, with throbbing headaches occurring less often. Headaches due to a brain tumor are often worse in the morning and may get better throughout the day. They may cause pain all over or that's worse on one side of the head.

### **Treatment:**

1. Daroo e Safa

2. 30 grams' royal jelly+ 500 grams' honey  
daily early in the morning 1 tsp with 7  
black seeds
3. Daroo e Shafia +marjoram water
4. Daroo e Hazrat Muhammad P.B.U.H
5. Daroo e Turaifel
6. Violet oil with sesame oil's base
7. Dua for swelling

### If the tumor has appearance

1. Apply the mixture of flax seed+ grape  
vinegar on the tumor at night and open  
it at morning for 1 week.
2. Roast a whole walnut along its cover  
than eat it immediately
3. Apple seeds

### Blood clot in brain

A blood clot in the brain is also known as a stroke. A blood clot in your brain could

cause a sudden and severe headache, along with some other symptoms, including sudden difficulty speaking or seeing.

### **Cause:**

1. Cold weather
2. Phlegm
3. Veins' tightness

### **Symptoms:**

1. Immediate intense headache
2. Face dullness from one side
3. Weakness of one part of the body
4. Numbness of one leg and arm
5. Eyesight problems
6. Disturbance
7. Difficulty to understand something
8. Loss of balance

### **Cure:**

1. Jame'+ marjoram water
2. Shafia+ marjoram water

3. Daroo e Baz kunandeh Urooq
4. Violet oil (sesame oil base)

### Brain cysts

A brain cyst or cystic brain lesion is a fluid-filled sac in the brain. They can be benign (not cancer) or malignant (cancer). Benign means that the growth does not spread to other parts of the body. A cyst may contain blood, pus, or other material. In the brain, cysts sometimes contain cerebrospinal fluid (CSF)

#### Symptoms:

1. Headache
2. Nausea
3. Dizziness
4. Eyesight problems
5. Loss of balance
6. Pain in face

## 7. Seizures

### **Treatment:**

1. Magnesia + nebula + marjoram water
2. Daroo e Safa
3. Daroo e lakhta e khoon
4. Daroo e Turaifel
5. Daroo e waram

## **Stroke**

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts (or ruptures).

### **Types**

### **Cure:**

1. Jame' + marjoram water
2. Shafia + marjoram water
3. Daroo e Hazrat Muhammad s.a.w.w
4. Murakkabe 4

5. Daroo e lakhta e khoon
6. Daroo e Turaifel
7. Daroo e taqwiyaat e asab
8. Lamb's meat cooked in cow's milk
9. Cupping of head
10. Massage legs with olive oil+ salt

### **Thing to avoid:**

1. Vegetables
2. Vinegar
3. Fish
4. Injury on head

### **Treatment:**

1. Jame' + marjoram water
2. Violet oil with base of sesame\_oil

### **Brain disease**

If blood leaks from a blood vessel in or around the brain, this is called a hemorrhagic stroke. You may also hear it called a brain hemorrhage or a brain bleed.



## **Treatment:**

1. Daroo e lakhta e khoon
2. Jame'+ marjoram water

## **Brain atrophy**

Brain atrophy, or cerebral atrophy, is a condition in which the brain or regions of the brain literally shrink in size. It ranges in severity, the extent of which determines its impact.

## **Symptoms:**

Symptoms of cerebral atrophy include dementia, seizures, loss of motor control, and difficulty with speaking, comprehension or reading. Dementia, which is marked by memory loss and an inability to perform daily activities, may be mild or severe and may worsen with increasing atrophy.

## **Treatment:**

1. Violet oil (sesame)
2. Bukhor e Maryam
3. Daroo e hazrat Muhammad s.a.w.w
4. Jame'+ marjoram water

## **Brain ischemia**

Brain ischemia is a condition in which there is insufficient blood flow to the brain to meet metabolic demand. This leads to poor oxygen supply or cerebral hypoxia and thus to the death of brain tissue or cerebral infarction / ischemic stroke.

## **Causes:**

Cerebral ischemia is caused by disruption of the blood supply, and thus oxygen, to the brain, particularly the cerebrum.

Global ischemia is caused by cardiac arrest, shock, carotid occlusion, hypotension,

asphyxia, or anemia. Focal cerebral ischemia is usually related to cerebral vascular atherosclerosis.

### **Treatment:**

1. Maqal arzuq
2. Daroo e Baz kunandeh Urooq
3. Daroo e lakhta e khoon

## **Meningitis**

Meningitis is an inflammation (swelling) of the protective membranes covering the brain and spinal cord. A bacterial or viral infection of the fluid surrounding the brain and spinal cord usually causes the swelling.

### **Causes:**

1. 1111
2. 111
3. Cancer
4. Pneumonia

5. Incense
6. TB
7. Influenza
8. Illness of heart and kidneys
9. Phlegm
10. Too much medicines
11. Ear problems

### **Symptoms:**

1. Nausea and vomit
2. Severe headache and convulsion
3. Fever and cold
4. Sensitivity to brightness
5. Coma or attack
6. Coldness of hands and feet itchiness on skin
7. Headache and neck stiffness
8. Muscle pain
9. Marks and spots on skin
10. Anxiety

### **Medicines in Tib Ahlebait a.s**

1. Roghan e Saddab
2. Daroo e Shafia+ rose water in ear
3. Violet oil (sesame base) into nose
4. Daroo e Turaifel
5. Jame' +marjoram water

### **Epidural abscess**

An epidural abscess is a collection of pus (infected material) and germs between the outer covering of the brain and spinal cord and the bones of the skull or spine.

The abscess causes swelling in the area.

### **Symptoms:**

- . Headache.
- . Disturbed consciousness.
- . Fever.
- . Unusual sensation throughout your body.
- . Problems with coordination and movement.
- . Trouble walking.

- . General weakness of the muscles in both the arms and legs that worsens.
- . Paralysis — being unable to move your legs or arms

### **Cure:**

1. Jame'+ marjoram water
2. Jame'+ honey
3. Surma e kafoori
4. Daroo e hazrat Muhammad s.a.w.w

### **Paralysis**

Paralysis is the loss of muscle function in part of your body. It happens when something goes wrong with the way messages pass between your brain and muscles. Paralysis can be complete or partial. It can occur on one or both sides of your body. It can also occur in just one area, or it can be widespread. Paralysis can be

complete or partial. It can occur on one or both sides of your body.

### **Causes:**

1. Eating fish at night
2. Blood clotting in brain
3. Phlegm
4. Lying on cool or wet place
5. Drinking of cold water immediately after fish
6. Melon at early morning
7. Intercourse with full stomach
8. Trauma

### **Preventions:**

1. Recite Ayat ul Kursi at bed time
2. Zikr after fajar prayer
3. La Hawla Wa La Quwwata Illa Billa al A'li el A'zim

### **Treatment in Tib:**

1. Jame'+ marjoram mixture into nostrils about 2drops, 3times at night
2. Walnut+ carom at night about 2tsp
3. Shafia+ marjoram
4. Daroo e Hazrat Muhammad s.a.w.w
5. Violet oil with base of sesame oil
6. Daroo e Turaifel
7. Bukhor e Maryam
8. Sawiq e Gandum o jo
9. Lamb's meat cooked in cow's milk
10. Massage with olive oil +sea salt at night
11. Senna
12. Aab e Nissan (rain water)
13. Quince

### **Prohibitions:**

1. Vegetables
2. Vinegar
3. Fish meat
4. Milk
5. Cold foods



## Stroke paralysis

### Cure:

1. Jame' + marjoram
2. Violet oil with base of sesame oil
3. Daroo e lakhta e khoon
4. Sawiq e Gandum +jo
5. Daroo e Hazrat Muhammad s.a.w.w
6. Massage of legs by olive oil and sea salt at night
7. Baz kunandeh Urooq
8. Shafia for 12 months
9. Turaifel
10. Murakkabe 4
11. Cupping of head
12. Taqwiyyat e asab
13. Walnut + carom 2 tsp at night

## Narrations of Ahlebait a.s about paralysis

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### Prophet P.B.U.H said:

1. Cough prevents you from paralysis.  
(Safin at ul Bihar pt 3 pg 472)
2. Whoever recite this zikr after fajar and  
'isha prayer will be save from paralysis,  
leprosy, vitiligo, madness.

بسم الله الرحمن الرحيم لا حول ولا قوة الا بالله

(Bihar ul Anwar pt 84 pg 5)

3. Whoever recite this zikr 3times after  
fajar prayer will not suffer vitiligo,  
leprosy.

سبحان الله وبحمده، سبحان الله العظيم وبحمده ولا حول ولا قوة الا بالله

(Al Khisal pg 220)

4. Unnatural death will be occur on the last  
days.

### **Imam Ja'far e sadiq a.s said;**

1. Senna prevents you from paralysis.

(Makarim ul Akhlaq pg 188)

2. Don't eat fish meat at night it can cause paralysis if you want to prevent yourself from this than you should have some dates after fish.

(Al Mahasin pt 2 pg 270)

### **Precautions and prohibitions**

1. Prevent from phlegm
2. Fish meat
3. Cold foods
4. Vinegar
5. Milk
6. Trauma or shock
7. Vegetables
8. Lying on wet and cold place

9. Sexual intercourse while full stomach
10. Melon at early morning
11. Cold water after fish at night

## **Skull tumors**

A skull base tumor is an abnormal growth in the part of the brain that meets the base of the skull.

Most skull base tumors are benign (not cancerous) and don't spread to other parts of the body. But even benign ones, which grow slowly, can cause serious damage.

### **Cure:**

1. Daroo e Safa
2. Daroo e Turaifel
3. Violet + sesame oil
4. Senna

## Hydrocephalus, CFS (cerebrospinal fluid)

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Hydrocephalus is a condition in which excess fluid builds up in the ventricles (cavities) and subarachnoid space within the brain. The brain's ventricular system transports cerebrospinal fluid (CFS) through an internal part comprised of four chambers (ventricles) and an external part including the subarachnoid space.

### Symptoms of Hydrocephalus

- . Headaches.
- . Nausea.
- . Difficulty focusing the eyes.
- . Unsteady walk or gait.
- . Leg weakness.
- . Sudden falls.
- . Irritability.
- . Drowsiness.

## **Treatment:**

1. Daroo e Turaifel
2. Saooth
3. Jame'+ marjoram water

## **Parkinson's disease**

### **Causes:**

Parkinson's disease is a progressive nervous system disorder that affects movement.

Symptoms start gradually, sometimes starting with a barely noticeable tremor in just one hand. Tremors are common, but the disorder also commonly causes stiffness or slowing of movement.

### **Symptoms:**

1. Weakness and tardiness
2. Shivering of hands
3. Shivering of hands and feet while sleeping

4. Tremor
5. Loss of body control
6. Muscles stretch
7. Change in facial expressions
8. Walking difficulties
9. Depression and sleep disorders
10. Weak memory
11. Constant constipation

### **Cure:**

1. Taqwiyaat e asab
2. Daroo e hazrat Muhammad s.a.w.w
3. Violet + sesame oil
4. Daroo e Aqal
5. Bukhor e Maryam
6. Jame' + marjoram drops

### **Foods:**

1. 21 raisins early in the morning

2. Onions
3. Chamomile
4. Imam Raza's syrup

## **Multiple sclerosis (MS)**

It is nervous disease it can affect central nervous system which can damage brain or spinal cord. It destroys immune system.

### **Causes:**

1. Immediate cure of normal cough, which prevents from paralysis and MS.
2. Drinking of water immediately after eating fish meat
3. Melon at early morning
4. Barni dates early in the morning
5. Couple relations earl at night while stomach is full

### **Symptoms:**



1. Memory weakness
2. Eyesight weakness
3. Weakness of one leg or legs
4. Blurry vision
5. Eye pain
6. Gallbladder weakness
7. Disturbance of nervous system
8. Numbness of hands and feet
9. Paralysis at last stages
10. Severe tiredness
11. Lightheadedness

### **Cure:**

1. Jame'+ marjoram
2. Daroo e Hazrat Muhammad s.a.w.w
3. Sawiq e jo
4. Violet+ sesame oil
5. Daroo e Shafia + marjoram
6. Bukhor e Maryam
7. Daroo e Aqal

8. Vinegar + nebula drops
9. Daroo e Imam Kazim a.s
10. Daroo e taqwiyyat asab
11. Lamb's meat cooked in cow's milk
12. Massage of hands and feet with olive oil and sea salt
13. 21 raisins early at morning
14. Honey+ 7 black seeds

## **Ahadith**

### **Prophet P.B.U.H said:**

1. Don't treat cough immediately because it prevents you from paralysis.  
(Al Khisal pg 201)
2. Whoever become close to his wife early at night while his stomach is full he will suffer colic, paralysis.

### **Imam Ali a.s said:**

Don't eat melons at early morning it causes paralysis (and later it can cause MS.)

(Al Mahasin pt 2 pg 921)

## **Muscles weakness and pain**

### **Medicines in Tib e Ahlebait a.s**

1. Daroo e taqwiyaat e asab
2. Daroo e Hazrat Muhammad s.a.w.w
3. Saaf kunandeh
4. Jame' + marjoram drops into nostrils
5. Marjoram water + 1tsp Shafia
6. Sawiq e Gandum o jo washed and unwashed
7. Lamb's meat cooked in cow's milk
8. Daroo e balgham zadeh

### **Thing to eat:**

1. Raisins
2. Cinnamon

3. Lemon balm tea
4. Chamomile's powder
5. Onions
6. Beetroot leaves

## **Muscles pain and stretch**

### **Causes:**

1. Blood impurity
2. Problem in veins

### **Cure:**

1. Saaf kunandeh
2. Baz kunandeh Urooq

## **For weakness of nervous system**

1. Daroo e taqwiyaat asab

## **Muscle stretch due to kidneys**

### **Symptoms:**

1. Difficulty in urination
2. Bloody urine

3. Bad smell of urine
4. Nausea
5. Vomiting

### **Treatment:**

1. Turaifel
2. Murakkabe 2
3. Murakkabe 4
4. Jame' + radish juice

### **Muscles stretches in kids**

### **Cure:**

1. Apply olive oil in belly button
2. Murakkabe 2
3. Turaifel

### **Raisins**

### **Prophet P.B.U.H said:**

1. Start your meal with the name of Allah Almighty. What a beneficial food is raisin it strengthens the brain, eliminates bile and phlegm, strengthens the intelligence eliminates depression and tiredness.

(Bihar ul Anwar pt 59 pg 383)

2. Eat olives it fights with bile and melancholy and strengthens the nervous system.

(Sahifat ur Raza pg 53)

3. Eat olive oil and massage your body with it is the fruit of blessed tree.

(Wasail ush shi'a pt 17 pg 73)

### **Imam Ja'far E Sadiq a.s said:**

1. Raisin has the property to strengthen the brain asab<sup>111</sup>. Fights with diseases and make the soul neat.

(Al Mahasin pt 2 pg 522)

2. Eat onions it reduces tiredness  
strengthens the brain makes sperm and  
treat fever.

(Al Mahasin pt 2 pg 522)

### **Imam Ali Raza a.s said:**

The beetroot leaves are beneficial for all  
diseases. It strengthens the brain balance  
the blood temperature make bones strong.

(Makarim ul Akhlaq pg 181)

### **Colic, Ulcerative colitis**

ulcerative colitis usually presents with  
diarrhea, which may be associated with  
blood. Bowel movements are frequent and  
small in volume as a result of rectal  
inflammation. Associated symptoms  
include colicky abdominal pain, urgency,  
tenesmus, and incontinence

## **Symptoms:**

1. Back pain
2. Abdominal and intestinal pain
3. Muscle stretches
4. Vomiting
5. Not to be hungry
6. Stomach pain
7. Gastric issues

## **Causes:**

1. Fish +eggs
2. Mushrooms
3. Melons at early morning
4. Taking bath while stomach is full
5. Intestinal problems

## **Cure:**

1. Jame' +cumin water
2. Turaifel
3. Murakkabe 2
4. 7 dates at night without water
5. Daroo e Zaheer



6. Fresh chicory (7)
7. Carrots
8. Figs
9. Senna leaves
10. Sea salt
11. Flax seeds 1tsp daily (pregnant women should avoid)
12. 1tsp black seeds
13. 14 Hawthorn daily

### **Thing to avoid:**

1. Fast food
2. Overeating
3. Coffee

### **Ahadith**

#### **Prophet P.B.U.H said:**

1. 7 dates at night will prevent from colic.  
(Tib ul Mustafa)

#### **Imam Baqir a.s said:**

Whoever goes to his wife early at night with full stomach will suffer colic, paralysis.

(Bihar ul Anwar pt 59 pg 327)

**Imam Ja'far e Sadiq a.s said:**

1. Eat carrots, it cures piles and colic.

(Usool e kafi pt 6 pg 371)

2. Eat pumpkin's sweet, it is beneficial for colic.

(Tib ul Aimmma pg 138)

**Imam Ali Raza a.s said:**

1. When a person eats fish meat along eggs he will suffer from gout, colic, piles and toothache.

**Cure:**

Honey+ warm water+7 times Surat ul Hamd

(Mustadrak ul Wasail pt 14 pg 359)

2. Who take bath with full stomach will suffer from colic.

(Bihar ul Anwar pt 59 pg 321)

3. Eating melons early in the morning can cause colic and paralysis.

(Makarim ul Akhlaq pg 175)

4. Eat figs, it is beneficial for colic, strengthens bones and grow hairs.

(Tib ur Raza a.s)

Shivering of hands, head and body

### **Causes:**

1. Blood glucose deficiency
2. Infection
3. Less food intake
4. Water deficiency in body
5. Weakness of nerves

### **Hand tremor**

### **Treatment:**

1. Daroo e taqwiyyat e asab
2. Chamomile
3. Raisins
4. Cinnamon tea

## **Medicines of Tib e Ahlebait a.s**

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1. Daroo taqwiyaat e asab
2. Shafia

### **Body shivering**

#### **Medicines:**

1. Daroo e Aqal
2. Daroo e taqwiyaat e asab
3. Jame' + marjoram
4. Murakkabe 4
5. Bukhor e Maryam

### **Head trembling**

#### **Medicines:**

1. Daroo e taqwiyaat e asab
2. Violet + sesame oil
3. Cinnamon tea
4. Lemon balm tea
5. Onions
6. Raisins

### Medicines:

1. Daroo e taqwiyaat e asab
2. Chamomile
3. Raisins
4. Onions
5. Cinnamon tea
6. Daroo e Aqal
7. Bukhor e Maryam

### Genetic diseases

Genetics is the study of how traits such as hair color, eye color, and risk for disease are passed (“inherited”) from parents to their children. Genetics influence how these inherited traits can be different from person to person.

It is a disease or disorder that is inherited genetically. Hereditary Diseases are passed

on from one generation to another through defective genes.

### **Treatment and cure:**

1. Bukhor e Maryam
2. Jame' + marjoram water
3. Turaifel
4. Daroo e Aqal
5. Vinegar + nebula

### **Beneficial food:**

1. Turnip

### **Imam Ja'far e Sadiq a.s said:**

Eat turnips it cuts the leprosy root and all disease in the body.

(Al Mahasin pt 2 pg 333)

## **Unconsciousness**

### **Medicines:**

1. Nebula vinegar drops

2. Bukhor e Maryam
3. Violet+ olive oil massage of hands and feet
4. Hirz e Amir al Momineen a.s

### Vasovagal syncope

It may also be called neurocardiogenic syncope. The vasovagal syncope trigger causes your heart rate and blood pressure to drop suddenly.

### Treatment:

1. Recite surah Fatiha and Ayat ul Kursi on a glass of water and spray it on the patient's face.
2. Massage the area between two eyes
3. Bukhor e Maryam

## Coldness in head

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### Causes:

1. Phlegm
2. Blood impurity

### Cure:

1. Saaf kunandeh khoon

## Thing which causes laziness

### 1. Melon in breakfast

#### Imam Raza a.s said:

Having cantaloupe in breakfast makes the body lazy.

(Tib ul Aimmah a.s)

2. Having bath after eating fish

#### Imam Raza a.s said:

Taking bath after eating fish can cause laziness.

(Bihar ul Anwar pt 62 pg 321)

#### Imam Ali a.s said:



Avoid overeating it can cause cruelty, laziness in offering prayers and destroy the body health.

(Ghurar ul Hakam Hd# 2742)

## Things which energize the body

### 1. Eating dates after fish

Once Imam Ja'far e Sadiq a.s asked for some dates and ate them and said: "I didn't want to eat dates but I have eaten fish that is why I required dates."

And again said: "whenever someone don't eat dates or some honey after fish the body will be lazy till morning.

(Al Kafi pt 6 pg 323)

### 2. Cough

**Prophet P.B.U.H said:**

Don't be upset for cough because it cut downs the bacteria of paralysis.

### 3. Dua (pray)

Prophet P.B.U.H said to Anas (companion of prophet)

Do you want to be safe from leprosy, blindness, laziness? Than recite this Dua 3 times after fajar prayer

“oh Allah! Just guide me by your court, fall your grace. blessings and mercy on me”

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